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ABSTRACT OF THE DISCLOSURE

5 A programmable food storage container and behavior
modification assistant, having an automatically closing and
locking lid/door, and a programmable lock mechanism able to
accept and store multiple defined sequential periods of
inaccessibility of variable duration and frequency, and
multiple defined periods of accessibility of variable duration
10 and frequency. Use of the device mandates compliance with,
and reinforcement of behavior consistent with, the user's
desire to develop and adhere to a pattern of controlled and
limited consumption of any products stored within the
container. Addressing the problem left unsolved in the prior
15 art (i.e., the inability of some consumers to resist impulses
to consume, and the finite and consumable capacity of people
to resist temptation), the device eliminates temptations
regarding its contents, and thus eliminates wasteful
consumption of the consumer's finite supply of willpower, or
20 capacity to successfully resist an impulse to consume.

RJW/llk

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